



King County Live Well Challenge

Point Tracker – Nutrition and Physical Activity Version

Your Name: _____

Team Name: _____

Nutrition (NU) Goal: _____ points per week

Every day, you can earn 1 point for consuming 2 cups of fruits **and** 2½ cups of vegetables and 1 point for eating 3 or more 1 ounce-equivalents of whole grains, up to a maximum of 2 points per day. **A maximum of 10 points per week can be earned for nutrition.** Note: Refer to “How to Earn Nutrition Points” and “How to track Nutrition Points” for further explanation.

Physical Activity (PA) Goal: _____ points per week

You earn 1 point for every 15 minutes of physical activity, up to a maximum of 2 points per day. **A maximum of 10 points per week can be earned for physical activity.** Note: Refer to “How to Earn Physical Activity Points” and “How to Track Physical Activity Points” for further explanation.

You can also earn 5 points for every **Health Promotion Activity** (40 points maximum for the duration of the Challenge)

Week	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Total Points *report to Captain every week*		Activity Points *to be reported at Week 8*
	NU	PA	NU	PA	NU	PA	NU	PA	NU	PA	NU	PA	NU	PA	NU	PA	
1 Aug 7-3																	
2 Aug 14-20																	
3 Aug 21-27																	
4 Aug 28-Sept 3																	
5 Sept 4-10																	
6 Sept 11-17																	
7 Sept 18-24																	
8 Sept 25-Oct 1																	
Total Activity Points																	

Goal Points will be automatically calculated and added. You do not report those.

Questions? Call us at 206-263-7333